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Washington: Closed until further notice

800,000 workers at home
after health-care clash **PAGE 6**

Protesters blow their tops ... off

Women take off their shirts in
the Quebec legislature, upset
over PQ's inconsistent appli-
cation of secularism **PAGE 7**

HEY, THERE'S ENOUGH SPACE FOR ALL OF US

WITH THE RELEASE OF SPACE
FLICK GRAVITY, WE LOOK BACK
TO SEE WHICH FILMS INHABIT THE
SAME SOLAR SYSTEM **PAGE 11**



AGAINST THE WALL

Winnipeg Jets' Evander Kane checks Edmonton Oilers' Jordan Eberle during first-period action in Edmonton on Tuesday. The Oilers lost 5-4. For more, visit metronews.ca. JASON FRANSON/THE CANADIAN PRESS

Buyout program leads to 121 staff leaving U of A

Job losses. Layoffs a
possible next step as
school trims budget



**RYAN
TUMILTY**
ryan.tumilty@metronews.ca

A voluntary buyout program at the University of Alberta will see 121 staff members walk out the door for good next summer.

The voluntary severance program, announced in August, is part of the school's response to the provincial budget and the need to find \$56 million over the next two years.

In total, 77 faculty members, six librarians and 38 administrative officers are taking part in the severance program.

Martin Ferguson-Pell, acting provost, said the loss of those leaving won't be easy to take.

"We are going to miss



Martin Ferguson-Pell
METRO

these people dearly, because of the huge contributions they currently make to the university," he said.

Ferguson-Pell estimates the school will save between \$12 and \$14 million, though the severance payments themselves will cost \$17 million.

With the voluntary sever-

ance program out of the way, Ferguson-Pell said the university will now look at other cost-saving measures and said more job losses are a possibility.

"I think it will, as things stand at the moment, result in some involuntary severance, but the extent to which we anticipate those is not available until we look at all the figures."

The cuts are spread across the school, but the Faculty of Arts is worst hit, losing 30 professors. Ferguson-Pell said most of the severances don't come into effect until June 2014, giving the school time to adapt.

"That does give us a good amount of time to look at the faculty level to have a minimum impact on students," he said.

Students were disappointed by the news.

Dustin Chelen, vice president academic of the Student's Union, said he understands Ferguson-Pell wanting to look at the positives, but he is worried fewer professors will mean larger classes.

"We already have classes that are 400, 500 students, so I appreciate his optimism, but it's bad news for students here," he said.

Quoted

"We are going to miss these people dearly, because of the huge contributions they currently make to the university."

Acting provost Martin Ferguson-Pell

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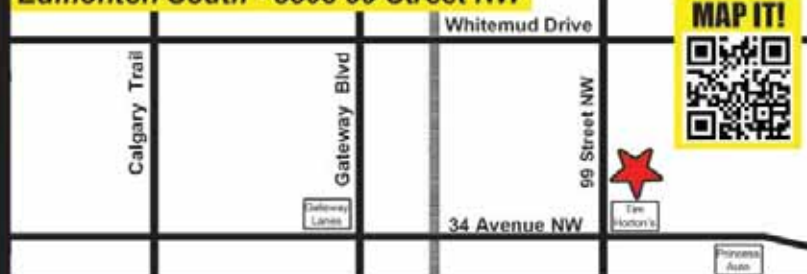
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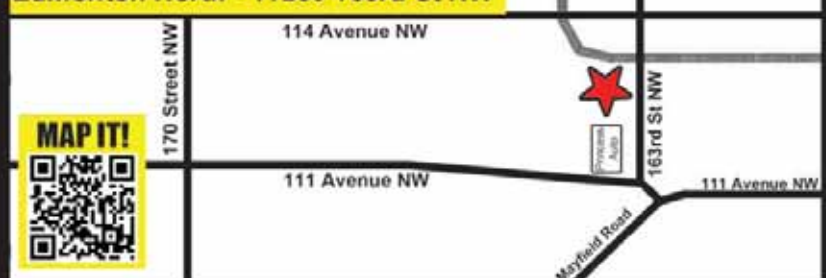
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Six contenders

Candidates spar at mayoral forum

The three front-runners continued to attack each other's fiscal record, while the three lesser-known candidates aimed to make a name for themselves at the first city-sponsored mayoral forum.

The six candidates battled it out at Harry Ainlay High School Tuesday night, and the top contenders took little time getting after each other.

Both Kerry Diotte and Karen Leibovici criticized Don Iveson's suggestion to look at moving away from property taxes to fund the city. Iveson said he believes relying simply on property taxes is bad for the city and for seniors, people on fixed incomes and business owners. "It hurts business owners who have a bad year, because property taxes don't know the difference," he said.

Diotte said his two main opponents had voted for increased taxes and if people wanted more of the same they should vote for them. "It's a vote for higher taxes, more debt and crumbling infrastructure."

Leibovici challenged Diotte on his characterization of her record. "I have not voted for some of the budgets. Let's get that fact clear."

She also stressed her experience in completing what she had committed to.

Candidate Josh Semoitiuk pushed his distinction as a fresh face for the city and said his opponents represented more of the same. "There is nothing particularly terrible about them. They are just the typical politicians we see every year," he said.

Gordon Ward also distanced himself from the perceived top contenders and encouraged voters to look beyond the main three. "I'm here to show Edmonton that there's more than a three-ring circus in town," he said.

RYAN TUMILTY/METRO

Release from jail. Hostile freedom expected for Mayerthorpe convict

The National Parole Board says one of two men convicted in the deaths of four Alberta Mounties is bound to face public hostility when he is released from prison next month.

The board makes the point in a report outlining special conditions that Dennis Cheeseman must abide by when he gets out Nov. 19.

The conditions include getting psychological counselling to help cope with



Dennis Cheeseman THE CANADIAN PRESS

what's expected to be a stressful return to the community.

THE CANADIAN PRESS

Affordability an issue. Not all Edmontonians eating well, report says

Many Edmontonians are not getting enough to eat and many more are not eating healthy.

So concludes a new report from the Edmonton Social Planning Council and the Edmonton Community Foundation released Tuesday.

"We need to look at some measures to increase incomes for people of low incomes, so that food becomes more affordable for them," said John Kolkmann, the report's author.

The report concluded that

Quoted

"Access to safe, healthy food is one of the key factors that determines a healthy population."

Dr. Chris Sikora, medical officer of health

as of 2011, 17.9 per cent of Alberta children lived in food-insecure homes, rising to 35.1 per cent in single-parent households. RYAN TUMILTY/METRO

'Vandals' rework city's welcome signs

Say whaaat?

City of Champions slogan becomes fodder for pranksters

LUCY HAINES

edmonton@metronews.ca

The City of Edmonton was toying with the idea of new branding, but this might not be what they had in mind.

Professional-looking lettering and colouring matching the existing signs offered various slogans for motorists to read, including "City of Speed Traps," "Road Construction City" and "Suck it, Calgary."

And while passing drivers may have chuckled at the references, the city isn't laughing, calling the work vandalism and a matter under investigation.

"We don't know who's involved but we're looking for information," said city spokesperson Holly Budd.

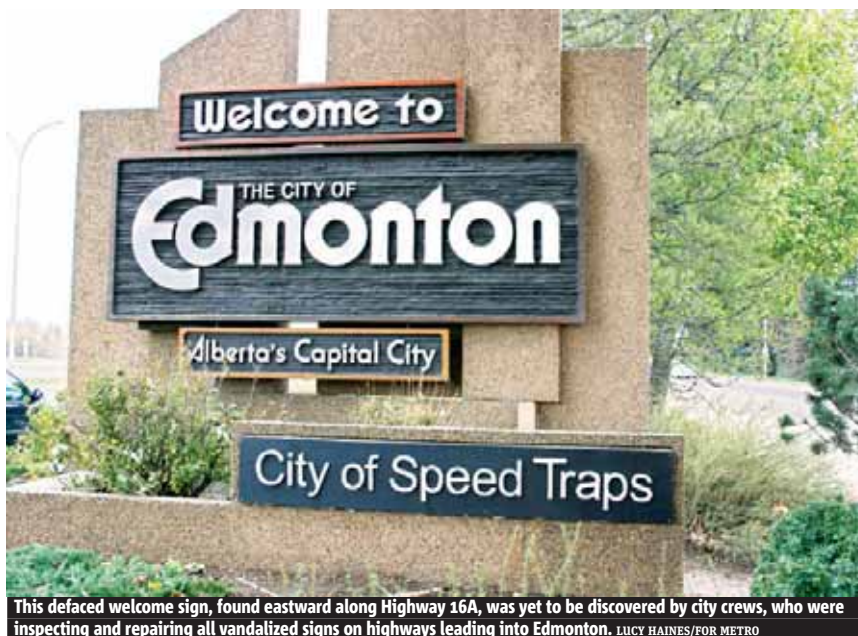
"The vandals first glued

and then screwed signs onto ours — construction crews have removed the four signs found so far, but we'll have a better idea tomorrow when

we've had a chance to inspect them all."

Budd said that removing the attached wood boards caused damage to the original

signs, so there will be a cost to repair the four signs and fix any unwanted changes to the other 10 posted at all entrances to the city.



This defaced welcome sign, found eastward along Highway 16A, was yet to be discovered by city crews, who were inspecting and repairing all vandalized signs on highways leading into Edmonton. LUCY HAINES/FOR METRO

1 NEWS

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Food bank. Competition helps fill a truckload (or three) of donated food

Competition is a good thing, like when construction giant PCL's Edmonton-based companies try to out-donate each other in a food drive.

"We are very grateful — it will keep the shelves full for a while and it's such a good mix of the foods we need — peanut butter, cereals, canned vegetables," said Tamisan Bercz-Knight at Edmonton's Food Bank.

"PCL really steps up with ongoing support throughout the year."



Volunteers help sort through a massive truckload of food for the Edmonton Food Bank.

LUCY HAINES/METRO

Prevention

Alberta hires two firms to help plan for flooding in the future

Alberta has hired two engineering companies, AMEC and AECOM, to help it find ways to protect people from future devastating floods.

THE CANADIAN PRESS

On Saturday

Edmonton to host economic summit

Alberta Finance Minister Doug Horner says everything from toll roads to public-private partnerships on courthouses will be on the table at Saturday's second economic summit of 2013.

THE CANADIAN PRESS

As part of PCL's United Way campaign, the friendly contest ended in the parking lot at PCL headquarters Tuesday, where company teams dropped off enough food to fill a five-tonne truck, plus two more.

"It's a 45-year partnership — a deep tradition at PCL," said Steve Richards, PCL's 2013 United Way campaign chair. He points to the company's huge annual tally for the United Way campaign, bringing in nearly 10 per cent of the total \$23 million-plus goal — more than \$2 million — on its own.

Richards says using a competition makes it fun for employees and what he calls an annual "two-week sprint" for the United Way is welcomed by the company's 1,500 Edmonton-based staff.

"And it's about food; we can all connect to that," he said.

Edmonton's Food Bank provides hampers for some 12,000 each month and donates more than 350,000 meals and snacks to 200 city agencies, churches and other groups. LUCY HAINES/METRO



Mayoral candidate Kerry Diotte prepares to tee off on the fourth hole of the Highlands Golf Course. The mayoral candidate said the river valley golf course is his favourite place in the city. RYAN TUMILTY/METRO

Kerry Diotte likes to hit the links

Favourite places. Metro asks mayoral candidate Kerry Diotte about his favourite spot in the city



RYAN TUMILTY
ryan.tumilty@metronews.ca

When he wants to blow off steam or get away from council business for a few hours, Kerry Diotte goes for a drive.

With the rigours of the campaign, Diotte hasn't been at the Highlands Golf Course much this summer, but it's his favourite place in Edmonton.

"It's just a place of tranquil-

ity, and you look at the beauty, you can see the city from here," he said. "When I'm on the golf course, it's a Zen-like experience."

Diotte says golf isn't new to him. He grew up playing when he lived in Sault Ste. Marie, Ont., and has again embraced the game now.

"I wish I would have taken up golf years and years ago," he said.

The Highlands course is about 10 minutes from downtown Edmonton, and Diotte says that has made it easier to get to. But this year he's only managed to play three rounds — a number he expects could fall even more if he wins the mayoral race on Oct. 21.

He said the people at the

Other favourites

- **Favourite book:** A New Earth: Awakening to Your Life's Purpose, by Eckhart Tolle
- **Favourite television show:** Breaking Bad
- **Favourite place outside the city:** "Hola! Mexican Caribbean"
- **Favourite Edmonton Festival:** I'm most in tune with

Folk Fest

- **Favourite sports team:** Oilers and family friendly Edmonton Rush
- **Whyte Avenue or Jasper?** Toss-up. Both.
- **Esks game or Fringe play?** Normally an Esks game, but this year? Good Fringe play is better entertainment.

semi-private club are great and he likes that they focus on the game.

"There is lots of camarad-

erie. There are good people here," he said. "This is a real player's club; people come here to play."

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They stand on guard. Five notable women seek gender-neutral O Canada



Demanding change: Margaret Atwood, left, Kim Campbell, Nancy Ruth, Vivienne Poy and Sally Goddard. THE CANADIAN PRESS FILES

A group of notable Canadian women is launching a campaign for gender-neutral language in the English lyrics of O Canada.

The group says the change would restore the national anthem to its original gender-neutral intentions.

The group — which includes author Margaret Atwood and ex-prime minister Kim Campbell — has set up a website to promote the idea.

It is calling on Canadians to join the campaign and encourage Prime Minister Stephen Harper's government to change the line "in all thy sons command" to "in all of us command."

RestoreOurAnthem.ca is being launched on the 100th anniversary of the change made to Judge Robert Stanley Weir's original English lyrics.

The coalition says for no documented reason the lyrics were revised in 1913 from "thou dost in us command" to "in all thy sons command" and it's time to make a change to reflect the inclusive intentions of the original lyrics.

Other members of the group include Senator Nancy Ruth, author and fashion designer Vivienne Poy and Sally Goddard, mother of Nichola Goddard, the first female Canadian soldier killed in combat.

THE CANADIAN PRESS

Reactor clogged

A tsunami of jellyfish nukes nuclear plant

It wasn't a tsunami but it had the same effect:

A huge cluster of jellyfish forced one of the world's largest nuclear reactors to shut down.

The Oskarshamn nuclear plant in Sweden had to scramble reactor No. 3 on Sunday after jellyfish clogged the pipes.

But by Tuesday, the pipes had been cleaned.

THE ASSOCIATED PRESS

Punk band

Pussy Riot member ends her hunger strike

A jailed member of the punk band Pussy Riot is ending her hunger strike nine days after it began, Russian officials say.

Nadezhda Tolokonnikova began it to protest violations of rules covering work conditions in the penal colony where she is serving a two-year sentence for denouncing Russian leader Vladimir Putin. THE ASSOCIATED PRESS

Last to leave, please switch off the lights

America shuts down.

800,000 federal workers sent home as historic wrangle over health care shutters many U.S. agencies

U.S. showdown

The extraordinary U.S. shutdown was caused when a long-running dispute over President Barack Obama's health-care law stalled a temporary funding bill.

The U.S. Congress hung "Closed" signs on a big swath of government Tuesday.

About 800,000 workers were sent home.

Barricades sprang up at the Lincoln Memorial and other monuments.

The National Park Service was turning off 45 fountains around Washington D.C.

Agencies like NASA and the Environmental Protection Agency were virtually shuttered.

More than a third of the federal civilian workforce was furloughed — equivalent to the combined workforce of Target, General Motors, Exxon and Google.

And on Capitol Hill, Democrats and Republicans traded blame for the first partial government shutdown in nearly two decades. But people clas-

sified as essential government employees — such as air traffic controllers, Border Patrol agents and most food inspectors — worked.

So did members of the military and employees such as State Department workers who issue passports and visas.

With the Republican-controlled House and Democrat-controlled Senate at a stalemate, it was unclear how long the shutdown would last — or who the public would blame for unanswered phones and locked doors.

"There has to be better ways to run the government than to get to a standstill like this," said Cheryl Strahl, who travelled from California to take in New York City sites.

THE ASSOCIATED PRESS

Amid the shutdown...

Life-or-death stuff: Obama

Hailing it as a "historic day," U.S. President Barack Obama pressed forward his flagship health-care program Tuesday.

"This is life-or-death

stuff," Obama said. He said tens of thousands of Americans die each year for lack of health insurance, and others go bankrupt.

"Today we begin to free millions of our fellow Americans from that fear," he added.

THE ASSOCIATED PRESS



Go home, folks: A U.S. Park Police officer helps to close down the Martin Luther King Memorial in Washington D.C. on Tuesday.

MARK WILSON/GETTY IMAGES



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A topless activist is carried out of the legislature visitor section by security after protesting the presence of a crucifix inside the legislature in Quebec City on Tuesday. JACQUES BOISSINOT/THE CANADIAN PRESS

Nude protest shakes up legislature

Quebec. Femen activists go topless, stage act of defiance over PQ's uneven approach to secularism

A topless protest against Parti Québécois identity politics erupted inside the Quebec legislature in a screaming, semi-nude act of defiance that derailed the daily question period Tuesday.

Premier Pauline Marois was answering a question when shouts erupted in the gallery and everyone's eyes, including the premier's, drifted upward.

As the protesters dis-

robed, they chanted a slogan against the presence of the crucifix in the chamber: "Crucifix, decalisse," they repeated in a crude Québécois expression loosely translatable as, "Crucifix, get the hell out of here."

The demonstration was quelled as security guards pulled a trio of half-naked protesters away from the chamber and struggled to dress them.

The whole affair was in reaction to the Parti Québécois' uneven approach to state secularism, which has been called hypocritical by its detractors.

The group "Femen Quebec" claimed responsibility for the bare-breasted brouhaha. **THE CANADIAN PRESS**

Calgary Zoo. Gorillas escape enclosure for 2nd time, raid nearby kitchen

It's a lesson in what can happen when you feed the animals.

For the second time in less than a year, some of the gorillas at the Calgary Zoo managed to escape and get into the kitchen attached to their enclosure.

Spokeswoman Trish Exton-Parder said staff are investigating what led to the Sunday afternoon breakout.

She couldn't say for sure how many of the zoo's six western lowland gorillas got into the kitchen, how long they were in

there, or how staff managed to get them out.

"It's an area where there is a full-on kitchen and the keepers do all their work prepping food for the day, getting their enrichment items ready, that kind of thing," she said. "They're not supposed to be in there."

She said no staff members or animals were hurt and the public was never in danger.

The gorilla exhibit is in a part of the zoo currently closed to the public. **THE CANADIAN PRESS**

New Zealand

Man who fled climate change fighting for refugee status

A man from one of the lowest-lying countries on Earth is trying to convince New Zealand judges that he's a refugee — suffering not from persecution, but from climate change.

The 37-year-old and his

wife left his remote atoll in the Pacific country of Kiribati six years ago for higher ground and better prospects in New Zealand. Immigration authorities have twice rejected his argument that rising sea levels make it too dangerous for him and his family to return to Kiribati.

So on Oct. 16, the man's lawyer, Michael Kidd, plans to argue the case before New Zealand's High Court. Legal experts consider

the case a long shot, but it will nevertheless be closely watched, and might have implications for tens of millions of residents in low-lying islands around the world. Kiribati, an impoverished string of 33 coral atolls about halfway between Hawaii and Australia, has about 103,000 people and has been identified by scientists as among the nations most vulnerable to climate change.

THE ASSOCIATED PRESS



Kiribati is among the nations most vulnerable to climate change. RICHARD VOGEL/THE ASSOCIATED PRESS FILE



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Animal-rights activists hold solemn memorial

Animal Liberation Victoria activists hold dead animals at Federation Square on Tuesday in Melbourne, Australia. More than 200 activists gathered with the bodies of dead animals to publicly grieve. Animal Liberation Victoria is against the treatment of animals as "property" and promotes a vegan lifestyle. Also on Tuesday, wildlife officials in Zimbabwe said at least 91 elephants were poisoned with cyanide by poachers who hack off their tusks for the lucrative illegal ivory market. GRAHAM DENHOLM/GETTY IMAGES

Syria. Chemical weapons team arrives in Damascus to destroy Assad's arsenal

Wading into the world spotlight, international inspectors arrived in Damascus on Tuesday to begin the monumental task of overseeing the destruction of Syria's chemical weapons in the middle of a civil war.

The inspectors from a Netherlands-based chemical-weapons watchdog have around nine months to complete their mission: Finding,

dismantling and eliminating President Bashar Assad's estimated 1,000-ton arsenal.

Their task has been endorsed by a UN Security Council resolution that calls for Syria's chemical stockpile to be scrapped by mid-2014. The deadline is the tightest that the experts from the Organization for the Prohibition of Chemical Weapons have ever faced. **THE ASSOCIATED PRESS**

Crossing the border

An advance team of 19 inspectors and 14 UN staff members arrived in Damascus late Tuesday afternoon in a 19-vehicle convoy escorted from the Lebanese border by two Syrian Foreign Ministry representatives.

- The experts set up a logistics base for its immediate work, the UN said in a statement.



Foreign affairs

Canada doing 'everything it can' for 2 held in Egypt

At the behest of Prime Minister Stephen Harper, the government is doing "absolutely everything it can" to secure the release of two Canadians held in Egypt, Foreign Affairs Minister John Baird says.

John Greyson and Tarek Loubani were ordered detained for another 45 days on the weekend.

THE CANADIAN PRESS

Myanmar

Buddhist mobs kill woman, 94, torch 70 homes

Buddhist mobs killed a 94-year-old Muslim woman and torched more than 70 homes on Tuesday as sectarian violence again gripped Myanmar's Rakhine state, officials and residents said.

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Different model

- If it's successful, Scribd could help publishers cultivate an alternative to the electronic bookstores run by Amazon, Apple and Google.

Online document-sharing site Scribd is taking a page from Netflix's success story as it sets out to create the world's largest subscription service for digital books.

The opening chapter in Scribd's quest began Tuesday with the introduction of an ebook subscription service that will boast thousands of titles published by HarperCollins before July 2012. HarperCollins, which is owned by News Corp., becomes the first of the five largest U.S. publishers to join a service vying to create an alternative to buying

individual titles.

Scribd will charge \$9 US per month for a service that offers unlimited access to most of HarperCollins' back catalogue, as well as an assortment of other books from smaller publishers. Recent bestsellers from HarperCollins aren't included in the subscription service, but customers will be able to buy new titles individually on Scribd's site.

THE ASSOCIATED PRESS



Happy... Batik Day?

Models show off outfits by designer Embran Nawawi, who launched a new line of Maduranese stamp batik clothing on Tuesday in Surabaya, Indonesia. On Oct. 2, 2009, the United Nations Educational, Scientific and Cultural Organization (UNESCO) formally recognized Indonesian batik as a world heritage tradition, and since then, the date has been used to mark Batik Day. ROBERTUS PUDYANTO/GETTY IMAGES

Wearable computing. Canuck company debuts high-tech glasses for runners, cyclists

Instant data

"(You) could imagine all kinds of applications where ... you're outdoors doing an activity and you can get data that you need for that moment in time." Recon CEO Dan Eisenhardt, who says golf, hunting and sailing also offer opportunities for Jet eyewear.

Vancouver-based Recon Instruments doesn't consider Google Glass to be a direct competitor to its high-tech eyewear, but the firm doesn't mind the comparisons.

While Recon believes it produces a very different type of computer-equipped glasses — which are targeted at sports enthusiasts rather than the mass market — it's happy to be mentioned in the same breath as the tech giant.

"They're doing us a huge favour by pushing the category and really showing people the value of heads-up information," says Recon CEO Dan Eisenhardt.

Since 2010, Recon has been releasing "heads-up display" products that give skiers and snowboarders a high-tech way to fly down mountains. The latest device, the MOD Live, attaches to a pair of ski goggles and uses a small LCD screen to display information including GPS data, speed, altitude and temperature. Users can also wirelessly link the device to their smartphones to see text messages and caller ID for in-

coming phone calls, and play music.

Now, the company is talking up a new product called Jet, sunglasses with similar technology designed for cyclists, runners and triathletes. And the tech world is taking notice. Last week, Intel said it was investing \$4 million in Recon to help "accelerate product development, marketing and global sales." Recon was also promised access to "expertise in manufacturing, operations and technology."

Recon is targeting March 2014 to start shipping out the Jet. THE CANADIAN PRESS

Rogers to invest \$700M in Alberta, including network expansion

Rogers Communications says it's investing more than \$700 million in Alberta over the next four years, including expanding its high-speed network in the province and opening several dozen retail outlets to take advantage of the province's strong economy.

Toronto-based Rogers says it sees potential growth for its telecom and media services in the Western province, where

it will compete against major players Shaw Communications, Telus and Bell.

Toronto-based Rogers also says it will open almost 50 retail outlets for its TV, Internet, home phone and cellphone services in Alberta.

It will expand its high-speed network with Long-Term Evolution technology to more of the province's communities and also offer more telecom

services to business customers, particularly those in the oilpatch.

The company noted it has already invested more than \$1 billion in its network in the province over the last decade.

"It continues to be a market where there's lots of growth potential, where the population is growing strongly, and the economy booming based on the strength of oil and ex-

Sponsorship announcements

- Rogers also announced it has lead sponsorship and marketing rights for the Oilers' Rexall Place and major

junior team Edmonton Oil Kings for the next 13 years. That will include advertising placements and arena signs.

panding into many other areas as well," Rob Bruce, president of the company's communications division, said in a release.

Rogers recently bought Pivot Data Centres in Calgary and Edmonton for \$155 million from Sverica International, a private equity investment firm.

Rogers also owns and operates the Toronto Blue Jays and the Rogers Centre in Toronto and has a 38-per-cent stake in Maple Leaf Sports and Entertainment, which has among its properties the NHL's Toronto Raptors and Toronto FC of Major League Soccer.

THE CANADIAN PRESS

Cuba wants to get rid of its odd dual-currency system — but that's much easier said than done

Cuba is the only country in the world that mints two national currencies, a bizarre system that even President Raul Castro acknowledges is hamstringing the island's socialist economy and must be scrapped. Exactly how to do that is the problem.

Months after Castro made currency unification a centerpiece of a forceful address to parliament, no details have been made public. But a pilot program operating under the radar might hold clues to a way out.

Since the system was cre-

ated in 1994, most islanders have been paid in national pesos worth 24 to the U.S. dollar in exchange houses, while tourists and the Cubans who attend to them receive a much more valuable peso pegged at one-to-one with the U.S. greenback.

The imbalance means doctors and physicists can make more money driving taxis or renting rooms than they can working in the professions for which they spent years preparing. In his July speech, Castro denounced the setup as having a warping effect on the econ-

National pesos

24

Most islanders are paid in national pesos worth 24 to the U.S. dollar in exchange houses, while tourists and the Cubans who attend to them receive a much more valuable peso pegged at one-to-one with the U.S. greenback.

omy and society in general.

Shaking up the dual currency system risks spiking inflation and creating new winners and losers, always dangerous on an island that embraces

the goal of egalitarianism. It would also force a change in accounting rules that would eliminate a huge subsidy to state-run enterprises at a time when cash is so short.

But there are signs that change is coming, and hints at how the value of the currencies might meet in the middle.

Pavel Vidal, a former Cuban Central Bank economist now at Colombia's Javeriana University, said a pilot program is being launched with select state businesses operating at a 10-to-1 exchange rate.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.85¢ (-0.21¢)

TSX 12,847.44 (+60.25)

OIL \$102.04 US (-29¢)

GOLD \$1,286.10 US (-\$40.90)

Natural gas: \$3.61 US (+5¢)
Dow Jones: 15,191.70 (+62.03)

Telecom

'Dirt cheap' mobile prices can't last, report concludes

A new report says that Canada's small wireless companies have undercut Rogers, Bell and Telus by more than half on voice and data prices in recent years, giving consumers lower cellphone bills. But it also says that these prices aren't sustainable. The Convergence Consulting Group report says that the smaller wireless players can't keep offering "dirt cheap" prices and stay in business.

THE CANADIAN PRESS

TRUE PATRIOT GENDER-NEUTRAL LOVE

Oh, Canada, here we go again.

Another attempt to revise the lyrics of our national anthem.

This time, a group of prominent Canadian women including Margaret Atwood and Kim Campbell want to change “in all thy sons command” to “in all of us command,” which is OK by me. I could never quite get my head around “in all thy sons command” anyway. It’s not as if we talk like that.

“Like, true patriot love in all thy sons command.”

“Whatever, dude.”

The point is, the prominent women are feeling left out. They want Canada to command an upwelling of true patriot love in female glowing hearts as well, and who can blame them?

Of course, some people think it’s a bad idea to mess with the lyrics of our national anthem. Is nothing sacred, etc.? It might help them to know that the original 1908



JUST SAYIN'

Paul Sullivan

metronews.ca

lyrics include the phrase “thou dost in us command” which makes no sense at all but at least it’s gender neutral.

They should also know that O Canada wasn’t even our official national anthem until 1980. Before that it was God Save the Queen, which, like the Queen, goes on forever. O Canada is much snappier, especially now that some of the “dosts,” “thous,” “thees” and “thys” have been eliminated.

In the face of the argument that the prominent women are only seeking a revision of the revision, traditionalists will fall back on the problem that if you mess with one line, the whole thing opens up, encouraging people with nothing better to

do than lobby for new words to the national anthem.

Take “our home and native land,” for instance. In 1990, Toronto City Council actually voted to encourage the government to change it to “our home and cherished land” because some non-native Canadians might feel left out.

Not to worry. They’re too busy trying to figure out “true patriot love in all thy sons command.”

Meanwhile, the next generation has tuned out. According to a 2010 University of Victoria survey, nearly 70 per cent of high-school students enrolled in choir don’t know the lyrics to O Canada, regardless of the version. And that’s the in-tune student body. Presumably the fail among the general population is even higher.

Traditionalists will argue that’s because they don’t sing the song at the start of the day at school anymore, and maybe they’re right. In fact, the only place we do sing it is at football and baseball games, usually alongside the Star Spangled Banner, which doesn’t make any sense either.

But that’s OK. It’s an opportunity for Beyoncé or Nikki Yanofsky to look good and sound good while they funk up the tune.

After all, we stand on guard for what so proudly we hailed at the twilight’s last gleaming from far and wide. Don’t we?



Visit metronews.ca to watch the video and share your opinion.

ZOOM

The horror of war in numbers



THEFALLEN9000.INFO PHOTOS

Stenciled bodies recall Normandy

In an awe-inspiring and emotional project, the silhouettes of 9,000 bodies were stenciled on a beach in Normandy, France, as a tribute to those who died there during the Second World War.

Titled *The Fallen 9000*, the work served as a visual reminder of the Allied and German forces, and civilians, who died during the D-Day beach landings at Arromanches on June 6, 1944.

METRO

Concept to creation



“It was a quiet and emotional statement about what happens in the absence of peace. After I made my first figure, I broke down crying.”

Jamie Wardley, artist
Wardley, 33, came up with the idea for the project with Andy Moss, 50

Silhouettes erased but impression lasts

The two sculptors came up with the idea for the International Day of Peace, a global observance day instituted by the UN.

The sculptors from Bradford, England, spent two years organizing the event. The silhouettes were later erased by the tide, but the project’s effect lives on.

“Veterans are telling me how it brought home the impact war has,” artist Jamie Wardley said. METRO



About 200 volunteers from various backgrounds and ages raked with stencils.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

You know you’ve made an impact when you get an asteroid named after you, right? Web comic creator Randall (XKCD) Munroe (now of Asteroid 4942 fame) has proven comedy and science/math/language/smart stuff can go hand in hand. Running since 2005, XKCD comics have evolved from scanned doodles to 3,000-panel time lapse nerd jokes. Though Munroe is one of the web comedy pioneers, he’s certainly not alone.



CONTRIBUTED

Perry Bible Fellowship:

Running as a weekly comic in the mid-2000s, getting a book deal in 2011 and now publishing “wheneverly,” PBF’s humping dinosaurs, pregnant teenage chickens and bad apples are a staple of Internet comics.

Dinosaur Comics:

Celebrating its 2,500th (at least according to the URL) comic Tuesday, Dinosaur Comics somehow manages to keep the LOLs rolling using the same six panels featuring a green T-Rex and a gay (they say) Utahraptor.



Twitter

@metropicks asked: A chemical used to make plastic was found on a Saturn moon. How do you feel knowing that outer space is pretty much Tupperware?

@WTarciso: To me, this is nothing new. My life has not changed at all.

@lester04: is it dishwasher safe?

Follow @metropicks and take part in our daily poll.

Comments

RE: 89-Year-Old Toronto Woman Ready To Go To Jail Over Census Fight, published Oct. 1

This woman has excellent intentions but there are many other places to have an impact in the world.

These companies are involved in all kind of industries. Wars don’t happen because of war industries, much as we would like to believe this because it absolves us of responsibility. BugsBunny posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca



Gravity can get heavy but it will pull you in nonetheless. CONTRIBUTED

Stomaching zero-gravity

Interview. Alfonso Cuarón talks about making space film and surviving the Vomit Comet



Alfonso Cuarón apologizes for the delay in bringing his latest film, *Gravity*, to the masses, but properly presenting outer space turned out to be a tough nut to crack.

And rest assured, the results are worth the wait. Plus, Cuarón got to discover a new favourite past-time: Experiencing zero-gravity on the Vomit Comet.

I suppose my first question after seeing this film is: how?

Well, the first thing is we're trying to do a film that takes place in space but that looks like those Imax documentaries that you're used to seeing. We didn't want it to look like a comic book or a fantasy rendering of space. So that was the point of the departure. The rest of the conversation was, "OK, how the heck are we going to do it?" So we tried several existing technologies. Nothing existed that we could use so we had to invent our own tools. And then four and a half years later, here we are.

You just get such fluid camera motion, which you've always had, but it's ampli-

In Focus

Gravity has other movies circling it



IN FOCUS
Richard Crouse
scene@metronews.ca

It's one thing to feel cut off from other people. It's another thing to be alone thousands of miles above the earth.

A new film from *Children of Men* director Alfonso Cuarón does a great job of showing the isolation felt by two cosmonauts who, in the words of David Bowie, are "sitting in a tin can, far above the world."

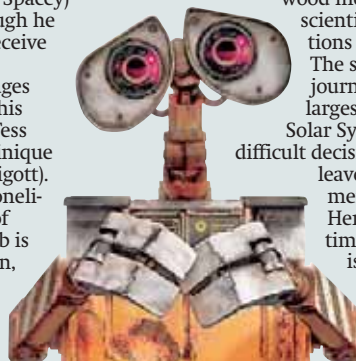
Gravity stars Sandra Bullock and George Clooney as astronauts who get pelted by a debris storm, comprised of bits and pieces of old satellites. With their space shuttle disabled and their communications offline, they are forced to become Space MacGyvers in order to survive.

Bullock and Clooney aren't the first movienauts

to be cut adrift in space. From animated films like *WALL-E* to epics like *2001: A Space Odyssey*, Hollywood has mined the vastness of space in some unforgettable movies.

In the film *Moon*, Sam Rockwell is astronaut Sam Bell, a Lunar Industries employee living and working on a space station on a three year contract.

His job is to tend to machines that are "harvesting solar energy from the dark side of the moon" and providing almost 70 per cent of Earth with power. His only companion is a robot/cup holder named Gerty (voiced by the appropriately named Kevin Spacey) although he can receive taped messages from his wife Tess (Dominique McElligott). The loneliness of the job is broken, how-



fied here.

It's because there's no up and there's no down. That's the thing, we wanted to honour the physics and the mechanics in zero-G, including not only the character and the objects but the camera. A lot of that was informed by doing tests in

different systems and possibilities, including parabolic flights — the Vomit Comet. Once you're floating you don't have much control. Your inertia dictates how you move. We talked about that, that the camera was also in zero-G, the camera is not controlled.

ever, when he discovers that he may not be truly alone.

The comparisons to 2001 are obvious, made even more apparent by Spacey's HAL-like delivery of his robot lines, but director Duncan Jones has simply used Kubrick's film as a visual reference on his way to creating a unique and fascinating movie. Another thing he borrowed from Kubrick and many other sci-fi films of the '60s and '70s is his emphasis on ideas rather than special effects. Michael Bay this ain't.

One of the earliest alone-in-space movies came in 1950. *Destination Moon* is noted as the first Hollywood movie to contain scientific representations of space travel. The story involves a journey to the fifth largest moon in the Solar System and the difficult decision to possibly leave one crew member behind. Heralded at the time for its realism, through today's eyes it looks somewhat corny.

Did you get sick on the Vomit Comet?

No, I loved it. The stunt man actually threw up, but I didn't. I loved it, I loved it. It's really amazing, it's so much fun. And I'm a wimp with roller coasters, I cannot stand them. But this one, I could do it all day long. The beautiful

thing of the parabolic flight is when you start floating, for me it was one of those things that felt almost primal and familiar.

Did you feel much resistance from the studio about the idea of a female lead?

No, no. There's the expression in the film, "Houston in the blind," which is a real expression when there's no communication, and the studio was in the blind. They were paying all this money to develop a technology that we didn't know was going to work, then investing in a shoot that we didn't know was going to work, then on top of that after the shoot they weren't able to see anything for eight months. And then we arrived to our release date a year ago and we were not ready. They said, "Do you need a couple of months?" "No, we need a year." And they had to keep on going. And with Sandy, yeah obviously when you are at some early stage there are voices that say, "Why don't you do it with a male lead? It's more exciting and we can have these actors. These kind of movies work better with a male lead." Yeah, you have some voices, but the moment that I said that I couldn't envision this film with a male lead, they were OK with it. There was no huge pressure.

I still get angry about the botched release of *Children of Men*, which was criminally overlooked when it came out.

I guess it was the release and stuff, but frankly maybe it was that it didn't connect with audiences, you know?

She's eaten, prayed and loved. Now what?



Elizabeth Gilbert takes on fiction again. GETTY IMAGES

The Signature of All Things. Author of famous memoir returns to fiction with historical botany-focused tome

MEREDITH ENGEL
Metro World News

After writing one of the most revered books of the last decade, one might assume the pressure would be on Elizabeth Gilbert to somehow top the massive success of her 2006 memoir, *Eat, Pray, Love*. But Gilbert's not having any of that.

"The pressure for me wasn't even, 'How do I beat that?' Because you can't beat that," says the author of the new fiction tome *The Signature of All Things*. "That was a ridiculous tsunami of a phenomenon. There's no way to do it again, and it doesn't have to happen again."

Without those anxieties, Gilbert allowed herself to explore fiction, a genre she had left 13 years earlier. The writer went back to her roots — and explored a whole bunch of literal roots — for her new botany-focused novel, *The Signature of All Things*.

Signature follows the story of Alma Whitaker, a gifted plant scientist who wrestles with her beliefs after falling in love with a man whose passions lie in the mystical and divine.

What drew you back into fiction?

I missed it! It's where my heart

is. Let me begin by just saying I have no regrets whatsoever about having written *Eat, Pray, Love* — obviously it's been a great move in my life. (But) my intention always has been to be a fiction writer.

I was well on that path with my first two books, and then I really kind of needed my writing in my 30s for something else — I needed it to help me sort some things out. And I used my writing exclusively for that purpose for the entirety of my 30s. I got everything sorted out as much as anybody ever can. I just wanted to go back to what I had always loved.

Was it easy to get back into that groove, or was it harder than you remembered?

I was so daunted by what I was taking on because I hadn't written fiction in 13 years; hadn't written a short story, nothing.

So I had not only lost my

confidence that I knew how to write fiction, I had also lost my confidence that I knew why we write fiction. I sort of had forgotten, what do you do this for? And then I had taken on material that I'm not familiar with: I'm not a botanist; I'm not a historian.

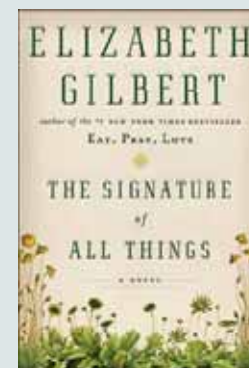
Having gone from laying everything about yourself bare, to keep yourself out of it must have been a different challenge.

It was. And it was fun. But I don't know how well I kept myself out of it. I think people who know my writing will recognize my themes in there, the same stuff I've always written about: exploration of self versus other, how we define ourselves, who our obligations are to, what happens when we finally leave. All of those questions — mysticism versus rationalism — it's all me.

Character development

Your characters do a lot of travelling in this book. Did you want their experiences to mirror your own?

- "It's funny because initially my intention with this book was that Alma would never leave (her estate). I wanted to explore what women with tremendous intellects do in order to discover the world when they aren't allowed to travel ... but I just couldn't leave her there for her whole life!"



Gunther von Hagens'

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Cher still has no problem telling it like it is

ALEXANDRA CAVALLIO
Metro World News

You know who is one of the baddest mamba jambas in the music industry, to this day? Cher. Do not even try and tell me that Cher is not the coolest old lady around, because I am armed with irrefutable evidence with which to counter you.

Firstly, she called out Madonna — one of the other old ladies still behaving like a boss in the biz — for being, well, for being kind of a B.

Secondly, she threw said shade at Madge in a Reddit forum.

Yes! Cher is older than my mother, who has just barely mastered the fine art of electronic mail, but the lady is well-versed in the ways of the Internet nether-regions.

Over the weekend, she logged on for an Ask me Anything open forum on Reddit (oh, by the way, she introduces herself on said forum thusly: "Hi, I'm Cher, I'm 100 years old") during which someone asked why she hated Madonna.

Cher, being the classy yet truth-spitting broad that she is, responded, "I never hated her; I just thought she was a bitch."

And that, my friends, is 'nuff said.



Amanda Bynes. ALL PHOTOS GETTY IMAGES

Amanda Bynes' meltdown just got way less funny

Amanda Bynes has been formally diagnosed with schizophrenia and bipolar disorder, according to Radar Online.

"It was what Amanda's parents, Rick and Lynn, had suspected all along," a source says.

"Nevertheless, it was difficult to process for Amanda's

parents. The bright side is that Amanda can lead a long, normal life as long as she takes her medication. Doctors at the treatment facility are still working to get Amanda therapeutic meds and she is responding to the medications she is being given to treat her dual diagnosis."



Miley Cyrus

Miley majored in twerking instead

Before embarking on her post-Disney career, Miley Cyrus admits she flirted with the idea of going to college.

"I kind of like the way Mary-Kate and Ashley (Olsen) did it. They were bajillionaires from being these kid stars, and they decided that that wasn't the future that they wanted," she tells Rolling Stone. "Once I ended

(Hannah Montana) I thought I might go to NYU or something and study photography. Or Savannah — they've got a really good school in Savannah. I love photography. I have a Canon 5D. I want to co-direct something soon. When they're saying, 'Change this lens to this millimeter,' I want to know what they're talking about."

Twitter



@ABFoundation

The govt is shut down but BP is still open. This country is in big trouble.



@KellyOsbourne

I really do wish all the #GrammarPolice on twitter would f--- off! Its Twitter not Mensa!



@SarahKSilverman

I love that wearing sweats on a flight makes some people crazy. Who r u dressin up for, ding-dong? fly-ing's a sport.

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Italy

There IS something to rent in Tuscany

ON THE MOVE
Loren Christie
life@metronews.ca

Want to plan the perfect week in Tuscany? Here's how to make this bucket list holiday to Italy a reality.

Vacation at a villa. Do your research and compile a list of must-haves such as Internet access, swimming pool and number of bedrooms required. Get testimonials from past guests. The pleasant surprise with a villa is a large group will often pay less than they would in a hotel. I recently rented a gorgeous 500-year-old villa outside of Cortona with eight friends and it cost us \$500 per person for the week.

Rent a car or bike. Iconic Italian cities like Florence and Siena are easily accessible and worth exploring, but to truly discover the hidden gems of Tuscany, you need your own wheels. The charming towns of Montepulciano, Cortona and San Gimignano are just a few of the dozens worth a visit. If you are pedalling on your own steam, I would recommend that you are in good shape, as the countryside is hilly. If you are renting a car, go small as some of the streets can be narrow.

Taste the local flavours. Forget fusion; a good meal in Tuscany is about celebrating what's in season. Whether mushrooms, truffles or tomatoes, eat the food that is fresh. Make sure to sample the regional specialties, such as Florentine steak, Pienza's pecorino cheese or my personal favourite, wild boar pasta.

Hit a winery. Many of the wineries in Tuscany do not like walk-ins, especially if you are travelling in larger groups, so call and reserve a tasting in advance. Ask if there is a restaurant on-site and enjoy your tasting along with a meal. I recommend the Salcheto Winery just outside of Montepulciano. The view from their lunch table was incredible.

And don't forget to take a soak.

In Italy a day at the spa is about soaking, steaming and mud baths.



The beach at the Fairmont Southampton hotel is perfect for swimming. The rocks off shore make a great diving spot, too. JIM BYERS/METRO

Soak in the sun and sights of Bermuda

Kick back. The weather is hot and the vibe is cool in this tropical paradise



JIM BYERS
@jimbystravel
jimbystravel.com

You probably know about the golf. And you might think there are a lot of guys in funny shorts and long socks. But Bermuda is more hip than you might expect.

Drinking

There are two traditional drinks in Bermuda. The Dark and Stormy has ginger beer, dark Gosling's rum (no other kind counts) and lime juice. Folks rave about Bermuda's Rum Swizzles but I found the one I tried at the famous White Horse Tavern in Bermuda far too sweet. In the main town of Hamilton, the Pickled Onion is a sleek affair that wouldn't look out of place in Toronto's Yorkville or Vancouver's Yaletown. When I was there drinks included "Pink Panties" and "The Black Banana." Ahem. Flanagan's Irish Pub on Front Street in Hamilton has reasonable prices and a second-



A climb to the top of Gibbs Hill Lighthouse reveals fabulous views of colourful houses, deep bays and the string of islands. JIM BYERS/METRO

storey patio overlooking the harbour.

Sleeping

The Fairmont Southampton is a pink beauty on a hill along the south shore. There's a great beach and it's adjacent to marvellous Horseshoe Bay. Rooms in October go from about \$330 a night. I stayed at a casual but adorable spot in the village of St. George's called the Crooked Elbow, close to a couple of nice beaches and cool forts and only a short walk from shops and pubs. It's got lots of space and goes for about \$150 a night in high season, with a five night minimum.

Dining

St. George's has a couple of places on the waterfront, including Tavern on the Sea (decent food; great views). The online reviews are good but at dinner in St. George's I found Wahoo's Bistro only adequate. The Waterlot Inn, affiliated with the Fairmont Southampton, is a stunner. I had a three-steak tasting menu that was \$60 but it beat the heck out of Ruth's Chris. The service is terrific and the sticky toffee pudding with vanilla ice cream will have you singing with joy. Stuff yourself at the Jamaica Grill in Hamilton with jerk chicken, rice and peas and other Jamaican delights in

a cheap but fun neighbourhood joint. Mickey's sits on the edge of Elbow Beach and you can dine a few inches from the sand. They do a lovely grilled seafood platter with scallops, shrimp, salmon, local fish, octopus and tender calamari, plus veggies and mashed potatoes, for about \$40.

Diving

Bermuda is famous for reefs that have caused many a shipwreck; bad if you're a sailor but great if you're a diver. May to October offers the best chance for calm, clear water and is the best time for swimming, especially on exposed south shore beaches. You also can try horseback rides or rent bikes or mopeds, which are everywhere. Or explore the shops and fun streets in St. George's, including Featherbed Alley and Old Maids Lane. Oh, OK, you are a golfer? There are courses galore, none more famous perhaps than Port Royal, where they hold the annual PGA Grand Slam event, featuring the winners of golf's four major tournaments (Oct. 14 to 16 this year). One too many rum swizzles? Climb the Gibbs Hill lighthouse to work off some calories and soak in views of all Bermuda's islands.

'Faux' mini cheesecakes are full of real good-for-you flavour

1. In bowl, place cashews and dates. Pour in enough

Ingredients

- 2 cups (500 ml) raw cashews
- 1/2 cup (125 ml) chopped pitted dates (about 5)
- 1 lb (500 ml) strawberries
- 1 large fully ripened avocado from Mexico, halved, pitted and peeled
- 3/4 cup (175 ml) coconut oil
- 1/4 cup (60 ml) lemon juice
- 1/3 cup (75 ml) raw agave syrup
- 1/2 tsp (2 ml) raw vanilla extract
- 12 fresh strawberries, sliced (garnish)

Crust

- 1 1/2 cups (375 ml) chopped or sliced raw almonds
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) chopped pitted dates (about 5)

water to cover; let stand for 1 hour. Drain.

2. Meanwhile, mist 24, 1/2 cup (125 ml) ramekins (or other similar-sized freeze-proof molds) with cooking spray. Line each with plastic wrap, leaving enough to create a bit of an overhang for "handles."

3. Crust: In food processor, add almonds, shredded coconut and salt; pulse until in coarse crumbs. Add dates; pulse until well combined. Divide and press into bottoms of ramekins.

4. In high-power blender, or in clean food processor bowl, add drained cashews and dates, the strawberries, avocado, coconut oil, lemon juice, syrup and vanilla. Process until very smooth. Pour over bases; freeze until firm, at least 2 hours.

Strawberry-Coconut 'Cheese' Cake



This recipe makes 24 mini-cake servings. MISSAVACADO.CA

5. Remove from freezer 30 to 60 minutes before serving (or, move to refrigerator

up to 1 day ahead); remove plastic wrap, plate individual cakes, and let thaw. To

garnish, top each with sliced strawberries.

MISSAVACADO.CA

Drink of the Week

Kick Start PB and J Smoothie

- 1 ripe banana
- 1 cup (250 ml) 3% plain yogurt
- 1 cup (250 ml) ice cubes
- 1/3 cup (75 ml) PC Blue Menu No-Stir Smooth Peanut Butter with Meg-3
- 1/4 cup (50 ml) PC Blue Menu Twice the Fruit Strawberry Spread
- 1/2 tsp (2 ml) vanilla

In blender, combine banana, yogurt, ice cubes, peanut butter, strawberry spread and vanilla. Purée until smooth and silky. Divide among four glasses. **PRESIDENT'S CHOICE**



A new way to enjoy a childhood favourite

Peanut butter and jam is a childhood favourite. Enjoy it anew with these Peanut Butter and Jam Filled Cupcakes.

1. Preheat oven to 350 F (180 C). Line two standard muffin tins with 20 paper liners.

2. In bowl of stand mixer fitted with paddle attachment, beat softened butter with sugar on medium speed for 3 to 4 minutes or until light and airy. One at a time, beat in eggs, beating

well after each addition and scraping bowl between additions. Into another bowl, sift flour, baking powder, baking soda and salt. Add half of flour mixture to butter mixture. Mix on low speed just until combined. With machine running, slowly pour in buttermilk and vanilla. Scrape side of bowl and continue to beat until combined. Add remaining flour mixture; beat on low speed just until smooth. Scrape down side of bowl; beat on medium speed

for 30 seconds. Evenly divide batter among paper liners in prepared muffin tins.

3. Bake in centre of oven for 15 minutes. Rotate pans front to back; bake another 8 to 10 minutes or until golden and tester inserted in centre comes out clean. Cool for 5 minutes in tins. Transfer cupcakes to rack and cool to room temperature.

4. Make topping: In bowl of stand mixer fitted with paddle

attachment, beat peanut butter, cream cheese and butter on medium speed for 1 to 2 minutes or until creamy and light. Add icing sugar and salt; beat on medium speed for 1 to 2 minutes or until smooth and creamy. Place mixture in pastry bag fitted with 1/2-inch (1 cm) star or plain tip. Pipe a border around each cooled cupcake. Place a heaping teaspoon (5 ml) strawberry spread in centre of each.

PRESIDENT'S CHOICE

Ingredients

- 1/2 cup (125 ml) unsalted butter
- 1 cup (250 ml) sugar
- 3 eggs, at room temperature
- 2 cups (500 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/2 tsp (2 ml) salt
- 1-1/4 cups (300 ml) buttermilk
- 1 tsp (5 ml) pure vanilla
- 3/4 cup (175 ml) smooth peanut butter
- 1/2 cup (125 ml) PC Blue Menu Light Cream Cheese, softened
- 1/2 cup (125 ml) PC Unsalted Country Churned Butter, softened
- 1/2 cup (125 ml) icing sugar
- 1/8 tsp (0.5 ml) salt
- 1/2 cup (125 ml) PC Blue Menu Twice the Fruit Strawberry Spread



This recipe makes 20 cupcakes. PRESIDENT'S CHOICE

Type 2 Diabetes Research Study

If you are between the ages of 18 and 70 and have been diagnosed with Type 2 diabetes, then you may be interested in participating in a Clinical Research Study.

Researchers at the University of Alberta want to investigate the safety, tolerability, and effectiveness of an investigational drug in people with Type 2 diabetes who are receiving stable doses of Metformin or Metformin plus Sulfonyleurea, and who meet certain other criteria.

If you are interested in learning more about this Clinical Trial, please contact Rebecca (780) 492-1098 or Kristi (780) 492-6156 at the Alberta Diabetes Institute.



(780) 492-1098 or (780) 492-6156

What are you, some sort of expert?

A word to the wise on what it takes to advise. Do you have the goods to take on a career in the consulting field?

MEGHAN
GREAVES
TalentEgg.ca

Are you thinking about a career in consulting?

If so, you're probably wondering what it takes to be successful in the industry. Since there are many fields within consulting, diverse personalities and dispositions can find an excellent career fit as a consulting professional.

However, successful consultants tend to have a core group of personality traits that they apply to different extents in their discipline.

You're a "people person"

As a consultant, you'll be

Above and beyond

You're willing to go the extra mile, and then some

- Solving problems, influencing your clients and creating innovative ideas are just the tip of the iceberg for consultants.
- To be successful, you need to enjoy getting lots done for your clients. Companies hire consultants because they want their expertise, so to impress them you must give that and more — and enjoy doing it!

working with your team and multiple clients, so you're bound to feel like an outsider at some point or another.

Consultants need to be able to remove the barrier between themselves and their clients to build trust and confidence. In order to do this you need to feel com-

fortable working in different environments and with different people on a daily basis.

You're a multi-tasker

As a consultant, you'll have to constantly manage multiple clients, all of whom come to you with different tasks, questions, concerns and suggestions.

Your plate will always be full. The trick to not getting overwhelmed is to prioritize your tasks effectively so each client's needs are met.

If you find that multi-tasking comes naturally to you, a career in consulting may just be your calling.

You're passionate

Not only do consultants have to be passionate about their industry; they have to be just as passionate about helping clients. A client can tell if you truly care about his or her success.

You're confident

Everyone has bad days no matter what field they work

in. A great consultant can get back on the horse when things aren't going smoothly. While doing this, you'll also need to motivate your team to keep chugging along and provide them with solutions to the problems ahead.

As a consultant you'll get tough feedback, experience set-backs and make difficult decisions. A successful consultant can push through these barriers with confidence.

You're resourceful

Being resourceful is an extremely helpful trait to have as a consultant.

This trait will help you know when to ask for advice, and where to find the right information.

You can't be scared to ask for help, especially when starting out!

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If it makes you happy to make others happy, and you know where your career passion lies, then get your consulting career cracking! ISTOCK

Consult me on this career's highlights

The best of the business. What wonderful perks can be expected from this workforce?

MEGHAN
GREAVES
TalentEgg.ca

While choosing your career path, you may be inclined to

do some online research and learn about the pros and cons of the industry.

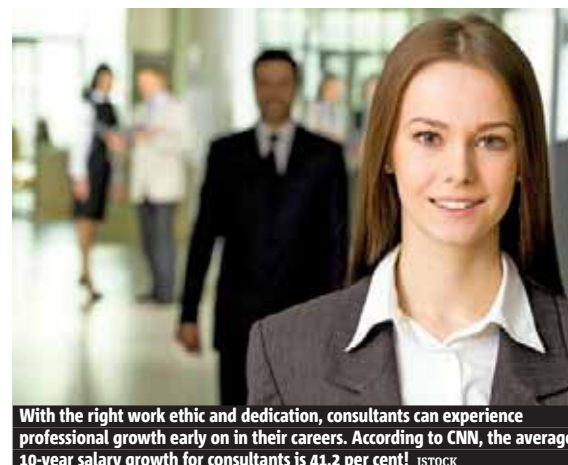
Of course, research is just one component of exploring a field, as you should also be sure to reach out and network with professionals who can offer insight based on personal experience. Remember, the list doesn't stop here.

There are hundreds of perks to a career in the consulting industry. Here's a list of some of the major pros of being a consultant.

Flexibility

Since a main part of a consultant's job is to meet with clients, consultants can often have more flexibility with their work hours depending on appointment scheduling. There is also the opportunity to telecommute once you get more settled in your role. This not only leads to being a more productive employee, but it also allows for better work-life balance.

Working in a team



With the right work ethic and dedication, consultants can experience professional growth early on in their careers. According to CNN, the average 10-year salary growth for consultants is 41.2 per cent! ISTOCK

environment

The best thing about starting your consulting career is that you definitely won't be going at it alone. You'll have the opportunity to work with team members who share interests, expertise, ideas and work ethic behaviours similar (and different) to yours. This creates the perfect opportunity for career-launching collaboration.

Using your problem solving skills daily

Consultants use their problem solving skills daily to get

the job done and make clients happy. There are tons of perks to regularly using problem solving skills including: excitement, gratification, busy days and being creative.

Every day is different

Consulting is not your typical 9 a.m. to 5 p.m. desk job. As a new grad, this is something that you should appreciate. The transition from school to work can be tough when you're suddenly thrown into a regular work schedule. As a consultant, you'll break this boring cycle by constantly

tackling new problems and changing up your schedule.

Exceptional training and on-boarding

Often times when starting off as a consultant, the company you're hired on with will give you awesome training or on-boarding to get things started off on the right foot. The goal of on-boarding/training is to set you up for success, so during this training you can expect to receive the resources, knowledge and tools to do so.

Continuous learning

Consultants are the experts, which means they're always learning and adapting to new trends in their industry. The great thing about staying on your toes is that clients appreciate it because you'll be able to develop relevant and successful ideas. Though it might sound overwhelming to always be on top of news and trends, it will eventually become habit — and the results are worth it!

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Leafs take Round 1 from rival Canadiens

NHL. Toronto escapes Montreal with win in rough-and-tumble season opener

Tyler Bozak scored short-handed and Mason Raymond got the winner in his first game with the Maple Leafs as Toronto spoiled the Montreal Canadiens home opener with a 4-3 win on Tuesday night.

James van Riemsdyk and Dion Phaneuf also scored in a fight-filled contest that saw Montreal's new enforcer George Parros carried off on a stretcher after Colton Orr pulled him down during a scrap, crashing the Canadiens forward's face into the Bell Centre ice.

Lars Eller's second goal of the game with 2:22 left to play set up a wild finish, but Montreal failed to get the equalizer. Eller also set up a goal by Brendan Gallagher.

The Canadiens' 350th consecutive sellout crowd was electric as usual for a Montreal-Toronto game and it didn't lack for action.

But the mood turned sombre 2:34 into the third period when Parros was prone on the ice. Orr had fallen and



Canadiens enforcer George Parros fights his Toronto counterpart Colton Orr during the NHL season opener Tuesday night in Montreal. Parros fell face first to the ice during the brawl and left on a stretcher. RICHARD WOLOWICZ/GETTY IMAGES

Opening night

4

Leafs

3

Canadiens

The crowd chanted Parros' name as he was wheeled off.

The Leafs were on a two-man advantage when Van Riemsdyk partially fanned on a shot at the side of the net that slipped between Carey Price's pads 8:01 into the game.

The teams were each down a man when Raphael Diaz slipped a pass to Eller for a goal at 10:08 and Toronto was caught on a 3-on-1 when Montreal got the puck behind Carl Gunnarsson and Eller fed Gallagher at 13:54.

Phaneuf tied it 8:36 into the second as he broke in on the left side to put a wrist shot inside the far post. It was the 19,000th goal in Leafs history in 6,169 games since 1917.

Bozak put Toronto ahead shorthanded at 17:39 when he poked the puck away from Andrei Markov and went in on a break to beat Price to the stick side.

Raymond, playing his first regular-season game for Toronto, scored 5:10 into the third.

THE CANADIAN PRESS

Cornerstone contract

Wallet Phil'd: Kessel staying in Toronto

Phil Kessel got his wish to make it a long stay with the Toronto Maple Leafs.

What general manager Dave Nonis called "short and productive" negotiations ended with Kessel signing a \$64-million US, eight-year contract on Tuesday.

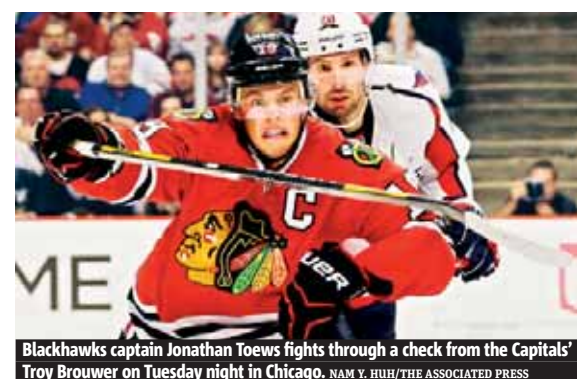
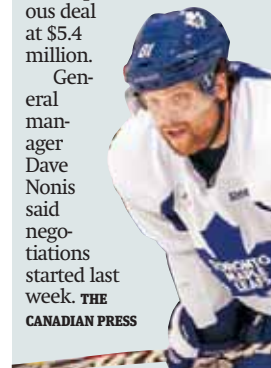
The deal has a salary cap hit of \$8 million per season. It begins in 2014-15 and runs through the 2021-22 season.

"I always wanted to be (in Toronto)," Kessel said.

"I want to finish my career here. It's a great city, the organization's unbelievable, and I'm really excited to continue here."

The contract includes a limited no-trade clause. Kessel has one season left on his previous deal at \$5.4 million.

General manager Dave Nonis said negotiations started last week. THE CANADIAN PRESS



Blackhawks captain Jonathan Toews fights through a check from the Capitals' Troy Brouwer on Tuesday night in Chicago. NAM Y. HUH/THE ASSOCIATED PRESS

Champs bust up Caps

Brandon Saad, Johnny Oduya and Marian Hossa scored in the third period, and the Chicago Blackhawks kicked off their Stanley Cup title defence with a 6-4 victory over Mikhail Grabovskiy and the Washington Capitals on Tuesday night.

Patrick Kane, Brent Seabrook and Brandon Bollig also scored for Chicago, which won its first game for the

second straight season. Corey Crawford made 28 saves, including a couple of huge stops when the Blackhawks killed off a late 5-on-3 power play.

Chicago ruined Los Angeles' title celebration with a 5-2 victory in last season's opener, and then set an NHL record by recording at least one point in its first 24 games. The fast start played a key role in the Hawks'

run to the Stanley Cup, and coach Joel Quenneville made it clear that another opening surge is a priority.

Grabovskiy had three goals and an assist in his first game since signing in Washington. Alex Ovechkin had a goal and an assist, but the Caps dropped their opener for the second straight season.

THE ASSOCIATED PRESS

1-on-1

I'd beat LeBron in my prime: Jordan

Michael Jordan believes he could beat LeBron James in a one-on-one basketball game when he was in his prime.

He's not sure about Kobe Bryant.

In a video promoting the NBA 2K14 video game released Tuesday, Jordan said



LeBron James
GETTY IMAGES

there's a long list of players he would've liked to have played one-on-one. "I don't think I would lose," Jordan said in the video,

before smiling and adding, "Other than to Kobe Bryant because he steals all of my moves." THE ASSOCIATED PRESS

MLB

Jays pitcher has elbow surgery

Toronto Blue Jays right-hander Josh Johnson underwent successful arthroscopic surgery Tuesday to remove loose bodies and a bone spur in his right elbow.

Johnson is expected to be ready for spring training next year.

The 29-year-old native of Minneapolis, Minn., had a 2-8 record and 6.20 earned-run average over 16 appearances this year. He allowed 105 hits and 15 home runs over 81 1/3 innings pitched.

Johnson earned \$13.75 million this past season with the Blue Jays. The club has yet to confirm whether it intends to extend Johnson a qualifying offer to retain his services. THE CANADIAN PRESS



Josh Johnson
GETTY IMAGES FILE

4 SPORTS

Martin's homers help Pirates push Reds off the plank

NL wild-card game.

Backed by a raucous crowd, Pittsburgh advances to play St. Louis in NLDS

The Pittsburgh Pirates went 21 years between playoff games. The wait will be significantly shorter this time around.

Russell Martin homered twice, Francisco Liriano was dominant for seven innings and the Pittsburgh Pirates roared past Cincinnati for a 6-2 victory in the NL wild-card game Tuesday night.

In front of a black-clad crowd savouring its first post-season game since 1992, Marlon Byrd also connected and Andrew McCutchen had two hits and reached base four

times for Pittsburgh.

"We're for real," McCutchen said. "We're definitely for real."

Liriano scattered four hits for the Pirates, who will face St. Louis in Game 1 of the NL division series Thursday. Liriano struck out five and walked one to win the first playoff game of his career.

"We didn't talk about one and done, we talked about one and run," Pirates manager Clint Hurdle said. "Win one and run to St. Louis."

Cincinnati starter Johnny Cueto struggled in his third start since coming off the disabled list last month. Cueto gave up four runs in 3 1/3 innings and appeared rattled by a raucous ballpark that taunted him throughout by chanting his name.

THE ASSOCIATED PRESS

Back in black

Pittsburgh's 94-win regular season reignited a relationship sullied by years of mismanagement and miserable play.

- When the gates opened two hours before the first pitch, fans — most of them dressed in black at the urging of MVP candidate Andrew McCutchen — sprinted to their seats in anticipation of the club's first post-season game since Atlanta's Sid Bream slid into home ahead of Barry Bonds' throw in the bottom of the ninth in Game 7 of the 1992 National League championship series.



Pirates catcher Russell Martin rounds the bases after hitting one of his two home runs against the Reds on Tuesday night in Pittsburgh. JARED WICKERHAM/GETTY IMAGES



Hawks Ridge

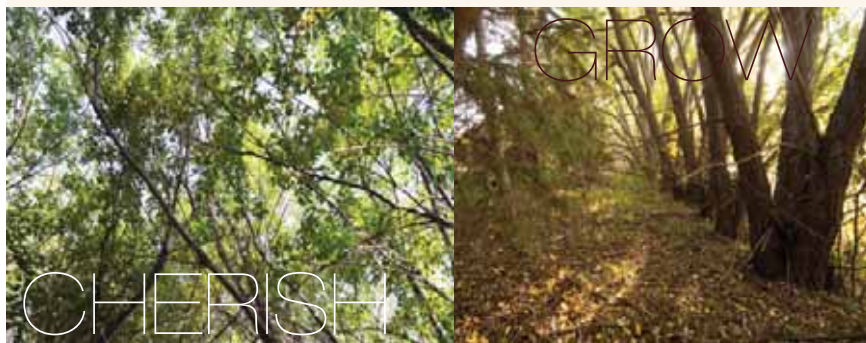
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NFL

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EAST

	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	1	0	.750	91	91
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	2	0	.500	88	93

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Cleveland	2	2	0	.500	64	70
Pittsburgh	0	4	0	.000	69	110

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST

	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

WEEK 5

Thursday's game — All Times Eastern

Buffalo at Cleveland, 8:25 p.m.

Sunday's games

Seattle at Indianapolis, 1 p.m.

Jacksonville at St. Louis, 1 p.m.

New England at Cincinnati, 1 p.m.

Kansas City at Tennessee, 1 p.m.

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH

	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	4	0	0	1.000	108	55
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST

	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

Baltimore at Miami, 1 p.m.

New Orleans at Chicago, 1 p.m.

Philadelphia at N.Y. Giants, 1 p.m.

Detroit at Green Bay, 1 p.m.

Carolina at Arizona, 4:05 p.m.

Denver at Dallas, 4:25 p.m.

San Diego at Oakland, 4:25 p.m.

Houston at San Francisco, 8:30 p.m.

NHL

Tuesday's results

Toronto 4 Montreal 3

Chicago 6 Washington 4

Winnipeg at Edmonton

Toronto at Philadelphia, 7:30 p.m.

Buffalo at Detroit, 8 p.m.

Anaheim at Colorado, 9:30 p.m.

Thursday's games

Calgary at Washington, 7 p.m.

Tampa Bay at Boston, 7 p.m.

New Jersey at Pittsburgh, 7 p.m.

Los Angeles at Minnesota, 8 p.m.

Nashville at St. Louis, 8 p.m.

Florida at Dallas, 8:30 p.m.

NY Rangers at Phoenix, 10 p.m.

Vancouver at San Jose, 10 p.m.

Friday's games

Calgary at Columbus, 7 p.m.

Detroit at Carolina, 7 p.m.

Ottawa at Buffalo, 7 p.m.

NY Islanders at New Jersey, 7 p.m.

Los Angeles at Winnipeg, 8 p.m.

Nashville at Colorado, 9 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

x-clinched playoff berth

Friday's games — All Times Eastern

Hamilton at Toronto, 7 p.m.

Saskatchewan at B.C., 10 p.m.

Saturday's games

Montreal at Edmonton, 3:30 p.m.

Winnipeg at Calgary, 6:30 p.m.

MLB

WILD CARD

Tuesday's result

NL: Pittsburgh 6 Cincinnati 2

Wednesday's game — All Times Eastern

AL: Tampa Bay (Cobb 11-3) at Cleveland

(Salazar 2-3), 8:07 p.m.

AL DIVISION SERIES

(Best-of-5)

OAKLAND VS. DETROIT

Friday's game

Detroit at Oakland, 9:37 p.m.

BOSTON VS. CLEVELAND-

TAMPA BAY WINNER

Friday's game

Cleveland-Tampa Bay winner at Boston,

3:07 p.m.

NL DIVISION SERIES

(Best-of-5)

ATLANTA VS. LOS ANGELES

Thursday's game

Los Angeles at Atlanta, 8:37 p.m.

ST. LOUIS VS. PITTSBURGH

Thursday's game

Pittsburgh at St. Louis, 5:07 p.m.

The 2013 Toyota RAV4



ALL PHOTOS CONTRIBUTED

Review. Toyota's aim to recreate success of '90s model falls short, but reliability is still assured

When Toyota introduced its RAV4 model back in 1994 it was an unusual, quirky and clever car. Stylish to look at, it created a whole new segment for compact crossover SUVs; there was even a three-door version, which is unusual even now.

The vehicle was aimed at trendy, young, (mostly) urban drivers, but in the 19 years since its release, the competition has got much tougher and Toyota has rather fallen off the pace. Toyota is aiming to attract a range of different drivers with this latest model, which is why the 2013 RAV4 is available in five configurations, with 2.5-litre gas, all-wheel drive and continuously variable transmission (CVT), a 2.5-litre diesel with front-wheel drive and six-speed manual transmission and a 2.5-litre diesel with four-wheel drive. However, all models in Canada are only available in six-speed automatic transmission using only gas.

This fourth generation RAV4 (which stands for Recreational Active Vehicle, Four-Wheel Drive) aims to elevate Toyota back to the top of the class with a RAV4 that is bigger, better and more practical than ever. The biggest new feature in the 2013 RAV4 is the rear lift gate, which opens upwards (earlier models had the door opening sideways) and the rear-mounted spare tire is

The 2013 Toyota RAV4

- **Top speed.** 185km/h
- **Engines (hp).** Four 2.0 litre or plus options available
- **0 to 100km/h.** 10.0 sec.
- **Fuel consumption.** 5.9/100km
- **Base price (incl. destination).** From \$23,790

Interior

The interior is spacious and the boot is big, but the cabin is let down by the use of some hard plastics and dull styling. The new RAV4 doesn't feel as lovely as it should.

Exterior

The unusual styling that the RAV4 was known for has been replaced by a far more generic-looking SUV. Its body has sharper edges and a stronger grille, but it has lost some of its unique RAV4 personality, which is a shame.

Performance

The ride is too firm, resulting in a car that doesn't feel particularly relaxing to drive, or comfortable around town, for that matter. Even our test of the range 2.2-litre diesel auto AWD version didn't feel fast and it required frequent gear changes to get the most out of it.



The overuse of dull plastic in the interior is a bit of a let down.

now inside the vehicle.

Best thing

Despite its failings, the new 2013 Toyota RAV4 is a safe choice for sensible drivers who will be happy with its middle-of-the-road performance; who don't want a car to be desirable but dependable.

Worst thing

The "sport button," which is supposed to add pace and drama, is so badly tucked away that you have to search for it. Worst of all, switching it on only seems to increase the engine noise — not the engine's response — so its sporty paddle shifters feel impotent. **METRO**



There are four different engine options available for the new RAV4.



A look at it from the back.

5 DRIVE

Wax on, wax off but don't forget to polish

Driving force.

Protecting your vehicle's finish is a three-step process

JIL
MCINTOSH
drive@metronews.ca

Your vehicle's paint is very durable, but it can use the protection of a coat of wax. Before you put on the shine, though, you should prepare the surface to get the maximum benefit of the product you're using.

"People believe that you wash your car, and then you wax your car, but a key step in between is polish," says Dave Lambert, brand manager for Autoglym Canada. "It's a three-step process of wash, polish, and protect."

If it's possible, your car should be hand-washed, using a sponge or soft cloth, and a pH-neutral car wash product. Lambert says that many people believe that "swirl marks" in the finish

Remember step 2

"People believe that you wash your car, and then you wax your car, but a key step in between is polish."

Dave Lambert, brand manager for Autoglym Canada

are caused by overenthusiastic waxing, but in reality, they're imperfections in the paint caused by car wash brushes.

Any rough surface can potentially cause marks in the paint, and you should always use a clean chamois or microfibre towel specifically made for vehicles. Cotton bath towels or terry towels are too abrasive and shouldn't be used.

The second stage — applying polish — preps the clean surface for the final top coat of wax. Although your paint may look smooth, when seen under a microscope, it's more like a lunar



Waxing your car regularly helps to preserve its shine. AUTOGLYM CANADA

landscape of hills and gulches, and it can appear dull when the light hits this uneven surface. The polish fills in these microscopic valleys, providing a smooth surface for the final top coat of wax.

There are many types of wax on the market, but

Lambert says that a paste wax containing carnauba wax will last the longest. "A lot of people say they want 100 per cent carnauba wax, but in its pure form it's hard enough to scratch your paint," he says. "In a test tube, it actually rattles.

Nothing is pure carnauba alone, and there will be other (ingredients) in there as well."

Several factors will affect how long your car stays shiny, including the weather and where you park, but Lambert says that a quality

Facts and tips

• **Top wax.** Carnauba wax comes from a palm tree native to Brazil. It forms on the leaves, which are collected and dried, and then beaten to separate the wax from the plant.

• **Wash wise.** If you drop your sponge when washing your car, never use it until you've thoroughly rinsed it. If you don't, the dirt it picked up will scratch your paint.

• **Shade is best.** It's best to wash and wax your car in the shade, and when the paint surface is cool to the touch.

wax product, properly applied, should last five to six months. "We recommend once before the summer, and once in preparation for winter," he says. The car should be polished and waxed again if the shine starts to go away, or if water doesn't form round beads on the surface.

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[†]MSRP is \$42,585.00/\$38,585.00/\$29,780.00 for a 2013 Pilot EX 4WD, model YF4H4DE/2013 Ridgeline VP, model YK1F4DEZ/2013 CR-V LX AWD, model RM4H3DES and includes \$1,640.00/\$1,640.00/\$1,640.00 freight and PDI. Taxes, license, insurance, environmental fees and registration are extra. Retailer may sell for less. Retailer order/trade may be necessary. *Cash purchase savings of up to \$5,000 on select new and unregistered 2013 models. †* Offers valid from October 1, 2013 through October 31, 2013 at participating Honda retailers. Offers valid only for Alberta residents at Honda Dealers of Alberta locations. Offers subject to change or cancellation without notice. Visit HondaAlberta.ca or see your Honda retailer for full details.

What congestion? Future of parking is autonomous

Autopilot. Smaller vehicles will play their part too just like Toyota's new i-Road concept car-bike, which seats two in tandem



AUTO PILOT
Mike Goetz
drive@metronews.ca

I was pessimistically driving around for a good while, trying to find a parking spot in a very congested part of town. Then, miraculously, it appeared — the perfect spot. It couldn't have been any closer to the busy street I was headed to, and it couldn't have been any cheaper (it was free).

When I got out of the car, I caught the eye of an old guy watering the lawn nearby. "Son," he said, "you just won the lottery."

After some initial pain that parking episode had a happy ending. But parking in cities is just generally pain on pain — expensive, frustrating, a wasteful use of fuel when you're in search mode, and it chokes up city streets, and adds to congestion woes.

So it was interesting to hear recently, from an esteemed group of future thinkers, how the combination of self-driving vehicles, smaller vehicles and information technology, could one day transform how vehicles are parked in city centres. The speakers were part of the Meeting of the Minds series, which focuses on urban sustainability issues. The international series stopped in Canada for the first time, in

late September, in Toronto.

In his talk, Jim Pisz, who oversees Toyota's future vehicle technologies for North America, noted that the drive to create self-driving vehicles is currently motivated by safety, but the technology can also make cities better.

"Think about a city that is congestion free, a landscape not dominated by the parked car," said Pisz.

Because of cultural and legal clouds, Toyota and Pisz don't see fully autonomous driving happening anytime soon. But the components that enable autonomous driving could be employed sooner, for something like this: Go to work. Tell the car to go park itself. Call it later and have it come to you. The vehicle could also be in a car share model, where other people use it during the day.

Toyota also believes a change to vehicles the size of something like Toyota's i-Road concept vehicle, which seats two in tandem, could significantly decrease the amount of parking areas needed by cities. These vehicles could also go "autonomous," said Pisz.

He added that the cascading effect of using smaller vehicles, perpendicular parking and more off-street and better parking structures catering to self-parking cars could mean that cities could potentially get back 25 per cent of its paved street areas.

"And that could mean more and wider pedestrian walkways, more bike lanes, more dedicated transit lanes, a reduction in congestion, and a better quality of life."

Standing in the way are those cultural and legal issues, but also the "data" piece.

"Self parking cars need to be connected to your city's

servers," Pisz told the audience.

"The big challenge will be to serve up a reliable real-time dynamic data base for open parking spaces. It will be a monstrous job — a moon

shot for many cities. But in 50 years or sometime closer, there may be only two kinds of cities out there: Cities that are defined as autonomous; cities that are defined as non-autonomous."



The side and front profiles of Toyota's latest concept vehicle, the i-Road.

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The i-Road could well be a vision of the future. BOTH IMAGES CONTRIBUTED/TOYOTA

Horoscopes

Aries

March 21 - April 20

The Sun and Pluto will send your emotions into overdrive today. If there is someone in your life who doubts your love and desire they won't be left in any doubt at all over the next few days. You're on fire.

Taurus

April 21 - May 21

Demand that work colleagues and employers treat you with the respect you deserve. And if they don't? Then you will just have to look around for better people to work with and for.

Gemini

May 22 - June 21

You may find it hard to control your emotions today but that's good. Usually you're so happy-go-lucky people think you never get annoyed but it isn't true and they must know.

Cancer

June 22 - July 23

Quick decisions are not always good decisions, so take your time and get it right. Some people may be annoyed that you can't seem to make up your mind about something but their feelings don't count.

Leo

July 24 - Aug. 23

You may be tempted to walk away from a situation that is getting you down but if you do you are likely to regret it. With the Sun at odds with Pluto today this is not a good time for grand gestures.

Virgo

Aug. 24 - Sept. 23

Your natural distrust could cost you today, especially if you hesitate to take advantage of what appears to be a genuine proposal. Common sense should tell you the offer is legit.

Libra

Sept. 24 - Oct. 23

Your head and heart will pull you in different directions today. If you are smart, you will realize whatever you choose will have consequences, so put off making a decision until the end of the week.

Scorpio

Oct. 24 - Nov. 22

You have worked hard to get to your present position and have no intention of letting others take it away from you. Today's Sun-Pluto link will bring a challenge of some sort. Are you up to it? Of course you are.

Sagittarius

Nov. 23 - Dec. 21

Opportunities you never knew existed will come knocking over the next few days but each will have a responsibility attached, so think carefully before you take advantage.

Capricorn

Dec. 22 - Jan. 20

You are always ambitious and always competitive but the current cosmic picture could make you excessively determined to win. Be careful who you annoy on the way up — because you might meet them again on the way down.

Aquarius

Jan. 21 - Feb. 19

The planets suggest you are well placed to move up in the world. All you have to do is get serious about your dreams. A change of scenery could change your outlook.

Pisces

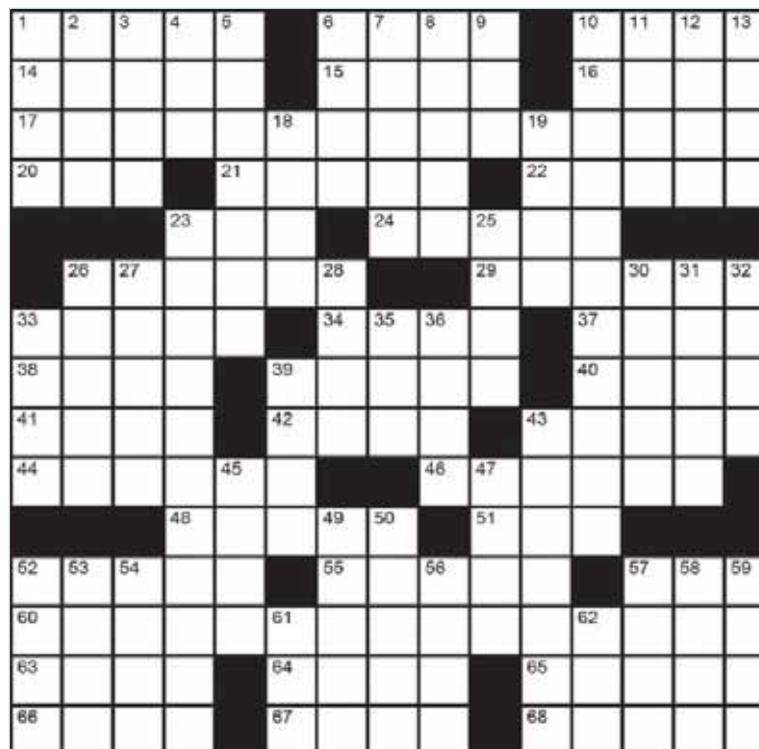
Feb. 20 - March 20

It's good make grand plans for your future but can you afford to make a big leap forward of some kind now? If not, start small. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Chocolate substitute
6. Mater's mate
10. Street performer
14. Earth's sky layer
15. Toilets, British-style
16. Paradise
17. Like the people at #26-Across: 2 wds.
20. Surgery sites, for short
21. "Have a Little Faith in Me" by John ____
22. "Bust ____" by Young MC
23. Certain conifer
24. Car company
26. Prehistoric culture of North America
29. Sci-Fi writer, Isaac ____ (b.1920 - d.1992)
33. Beethoven's title lady
34. Hold off
37. Elizabeth Taylor's title
38. Gets workers for
39. Actress Olivia
40. Mountain goat's rock
41. Roman Numeral for 2501
42. Like fine wine
43. Matches
44. "Together Forever" singer Rick
46. "Blue Suede Shoes" bit: "Well, it's ____ the money..."
48. ____ Tuck
51. Compass point
52. Studio sign: 2 wds.
55. Canadian com-



- munications company
57. Jump
60. 501 ____, NW (Canadian Embassy's locale in Washington, DC)
63. Desert weather
64. Ms. West's
65. Weasel kin

66. Much
67. Shortened helper
68. Beatles-style of jacket

Down

1. Small salmon
2. Cote d' ____ (French

- Riviera)
3. Director Mr. Howard's
4. Man. neighbour
5. Bzzz-er's abode
6. Sea lettuce
7. Reluctant
8. Purposeful saying
9. Fireplace residue

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- ing alternative
18. Rihanna's nickname
19. Actor, George ____
23. Dinosaur tooth, whale bone ...and others: 2 wds.
25. Decorator Mr. Berkus
26. Red Lobster servings
27. Swiss chocolate brand
28. Swallow swiftly
30. "The X Factor" host Mr. Lopez
31. Noted astrologer Sydney
32. Carrots, celery, e.g.
33. Title role for Gwyneth in 1996
35. Saloon serving
36. Oliver! song: " ____ Anything": 2 wds.
39. "The ____ Feel" by Gordon Lightfoot
43. CPP = Canada ____ Plan
45. Misjudges
47. Nine: German
49. He was a Titan
50. Dreams: French
52. October birthstone
53. Emperor of Rome
54. Have ____ to pick
56. Endure
57. Possesses, old-style
58. Complete
59. Place in South America
61. Singer Ms. Sumac
62. Did lunch

Yesterday's Crossword

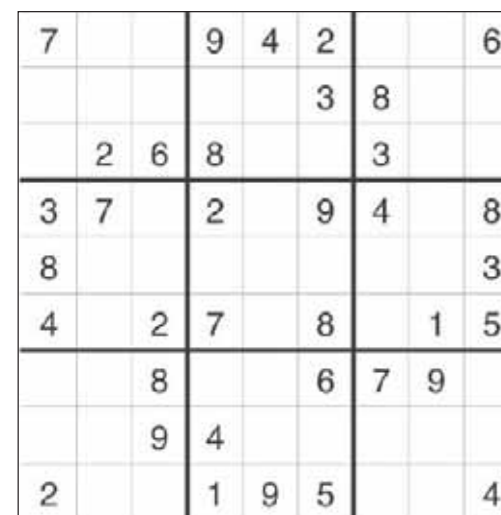


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

THURSDAY

FRIDAY



MAX: 6°
MIN: 4°



MAX: 7°
MIN: 3°



MAX: 14°
MIN: -2°



MICHELE MCDUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



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